2001 California Children's Healthy Eating and Exercise Practices Survey

Table 7: Range in Number of Servings of Fruits and Vegetables Consumed by California Children per Typical Weekday for All Eating Occasions (Diary Sample)

How many servings of each (fruits, vegetables, 100% juices (vegetable or fruit), salads) did your child eat/drink in this category?

O¹		Servings of Fruits and Vegetables, Percent				
Total 9 37 34 20 Gender Males 8 38 32 22 Females 9 36 37 19 Ethnicity White 9 35 38 18 African American 12 44 27 17 Latino 6 38 33 23 Asian/Other 13 35 29 23 Income ≤\$19,999 6 27 33 34 *** \$20,000 - \$49,999 8 40 30 23 23 \$250,000 8 40 30 23 23 \$20,000 - \$49,999 8 40 30 23 23 4**** Federal Poverty Level 8 8 33 32 27 *** Food Stamps 9 37 35 19 *** Overweight Status 9 37 35 19 ***						
Gender Males 8 38 32 22 Females 9 36 37 19 Ethnicity White 9 35 38 18 African American 12 44 27 17 17 Latino 6 38 33 23 Asian/Other 13 35 29 23 Income ≤\$19,999 6 27 33 34 *** ≤\$20,000 - \$49,999 8 40 30 23 23 \$20,000 - \$49,999 8 40 30 23 23 \$2185% 9 39 36 17 *** Food Stamps Yes 8 33 32 27 * Yes 8 27 26 38 ** No 9 37 35 19 ** Overweight Status Not at Risk 9 35 33 23 At Risk/Overweight 8 37 34 21 Physical Activity 8 37 34 21 ≤60 minutes 8 37 35 19	Total				20	
Females Ethnicity White 9 35 38 18 African American 12 44 27 17 Latino 6 38 33 23 Asian/Other 13 35 29 23 Income ≤\$19,999 6 27 33 34 **** ≤\$50,000 8 40 30 23 25 *** Federal Poverty Level ≤ 185% 8 40 30 23 23 *** ≤ 185% 9 39 36 17 *** Fodd Stamps Yes 8 27 26 38 ** No 9 37 35 19 ** Overweight Status Not at Risk 9 35 33 23 ** Physical Activity 8 38 37 18 ** School Breakfast Yes 7 24 35 34 *** No <td< td=""><td>Gender</td><td></td><td></td><td></td><td></td><td></td></td<>	Gender					
## Proof	Males	8	38	32	22	
White 9 35 38 18 African American 12 44 27 17 Latino 6 38 33 23 Asian/Other 13 35 29 23 Income ≤\$19,999 6 27 33 34 **** \$20,000 - \$49,999 8 40 30 23 23 *** \$50,000 8 40 30 23 23 *** Federal Poverty Level ≤ 185% 8 33 32 27 * ** ≤ 185% 9 39 36 17 ** ** ** ** Food Stamps 9 37 35 19 ** <td>Females</td> <td>9</td> <td>36</td> <td>37</td> <td>19</td> <td></td>	Females	9	36	37	19	
African American Latino Asian/Other Income ≤\$19,999 \$\$20,000 - \$49,999 \$\$55,000 Federal Poverty Level ≤ 185% > 185% > 185% > 185%	Ethnicity					
Latino Asian/Other Income ≤\$19,999 \$20,000 - \$49,999 ≥\$50,000 Federal Poverty Level ≤ 185% > 185% > 185% Food Stamps Yes No Overweight Status Not at Risk At Risk/Overweight Physical Activity ≥60 minutes <60 minutes <60 minutes Yes No School Breakfast Yes No School Lunch Yes No No No No No School Lunch Yes No Pyes No No School Lunch Yes No Exercise Lesson Yes T 33 33 23 34 ****	White	9	35	38	18	
Asian/Other 13 35 29 23	African American	12	44	27	17	
Income	Latino	6	38	33	23	
\$\leqsigma\$19,999	Asian/Other	13	35	29	23	
\$20,000 - \$49,999	Income					
≥\$50,000 10 37 38 14 Federal Poverty Level ≤ 185% 8 33 32 27 * ≤ 185% 9 39 36 17 Food Stamps Yes 8 27 26 38 ** No 9 37 35 19 Overweight Status No at Risk 9 35 33 23 At Risk/Overweight 8 38 37 18 Physical Activity ≥60 minutes 8 37 34 21 <60 minutes	<u><</u> \$19,999	6	27	33	34	***
Federal Poverty Level	\$20,000 - \$49,999	8	40	30	23	
≤ 185% 8 33 32 27 * Food Stamps 9 39 36 17 Yes 8 27 26 38 ** No 9 37 35 19 Overweight Status Not at Risk 9 35 33 23 At Risk/Overweight 8 38 37 18 Physical Activity ≥60 minutes 8 37 34 21 <60 minutes		10	37	38	14	
Section Sec	Federal Poverty Level					
Food Stamps Yes 8 27 26 38 ** No 9 37 35 19 ** Overweight Status Not at Risk 9 35 33 23 At Risk/Overweight 8 38 37 18 Physical Activity ≥60 minutes 8 37 34 21 <60 minutes	<u><</u> 185%	8	33	32	27	*
Yes 8 27 26 38 ** No 9 37 35 19 ** Overweight Status Not at Risk 9 35 33 23 At Risk/Overweight 8 38 37 18 Physical Activity ≥60 minutes 8 37 34 21 <60 minutes	> 185%	9	39	36	17	
No 9 37 35 19 Overweight Status Not at Risk 9 35 33 23 At Risk/Overweight 8 38 37 18 Physical Activity 8 37 34 21 <60 minutes	Food Stamps					
Overweight Status Not at Risk 9 35 33 23 At Risk/Overweight 8 38 37 18 Physical Activity ≥60 minutes 8 37 34 21 <60 minutes	Yes	8	27	26	38	**
Not at Risk 9 35 33 23 At Risk/Overweight 8 38 37 18 Physical Activity ≥60 minutes 8 37 34 21 <60 minutes	No	9	37	35	19	
At Risk/Overweight 8 38 37 18 Physical Activity ≥60 minutes 8 37 34 21 <60 minutes	Overweight Status					
Physical Activity ≥60 minutes <60 minutes	Not at Risk	9	35	33	23	
≥60 minutes 	At Risk/Overweight	8	38	37	18	
<60 minutes	Physical Activity					
School Breakfast Yes 7 24 35 34 *** No 9 40 34 17 School Lunch Yes 6 36 35 22 * No 12 38 33 17 ** Nutrition Lesson Yes 8 31 39 22 ** No 10 43 29 18 ** Exercise Lesson Yes 7 33 38 21 **	>60 minutes	8	37	34	21	
Yes 7 24 35 34 **** No 9 40 34 17 School Lunch *** 6 36 35 22 * No 12 38 33 17 ** Nutrition Lesson 8 31 39 22 ** No 10 43 29 18 ** Exercise Lesson 7 33 38 21 **	<60 minutes	9	37	35	19	
No 9 40 34 17 School Lunch 7es 6 36 35 22 * No 12 38 33 17 Nutrition Lesson 8 31 39 22 ** No 10 43 29 18 Exercise Lesson 7 33 38 21 **	School Breakfast					
School Lunch Yes 6 36 35 22 * No 12 38 33 17 Nutrition Lesson 8 31 39 22 ** No 10 43 29 18 Exercise Lesson Yes 7 33 38 21 **	Yes	7	24	35	34	***
Yes 6 36 35 22 * No 12 38 33 17 Nutrition Lesson Yes 8 31 39 22 ** No 10 43 29 18 Exercise Lesson Yes 7 33 38 21 **	No	9	40	34	17	
No 12 38 33 17 Nutrition Lesson 8 31 39 22 ** No 10 43 29 18 Exercise Lesson 7 33 38 21 **	School Lunch	'				
Nutrition Lesson 8 31 39 22 ** No 10 43 29 18 Exercise Lesson 7 33 38 21 **	Yes	6	36	35	22	*
Yes 8 31 39 22 ** No 10 43 29 18 Exercise Lesson 7 33 38 21 **	No	12	38	33	17	
No 10 43 29 18 Exercise Lesson 7 33 38 21 **	Nutrition Lesson	•				
Exercise Lesson 7 33 38 21 **	Yes	8	31	39	22	**
Yes 7 33 38 21 **	No	10	43	29	18	
	Exercise Lesson					
No 11 43 27 19	Yes	7	33	38	21	**
	No	11	43	27	19	

¹ Categorized as having 0.5 servings or less.

Rows may not add up to 100% due to rounding.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test

California Department of Health Services: September 2005

^{*} p<.05

^{**} p<.01

^{***} p<.001